

**Dodge County
ADRC and Aging Programs**

**Henry Dodge Office Building
199 County Road DF**

**Aging and Disability
Resource Center (ADRC)**

1-800-924-6407

920-386-3580

FAX: 920-386-4015

**Aging and Senior Dining
920-386-3580**

**Transportation
920-386-3832**

www.co.dodge.wi.us

Have you thought about alternative forms of transportation?



It is time to think about getting outside. It is also time to think about alternative forms of transportation that you can use and that are also healthy for you. We are talking about biking and walking. Walking is the second most used mode of transportation for older adults. About 9% of all trips taken by those over age

65 are walking trips. Walking accounts for almost one out of every four trips among older adults who don't drive. According to the Surgeon General's 2015 *Step it Up!* Call to Action, 41% of adults over 85 reported walking in the past week.

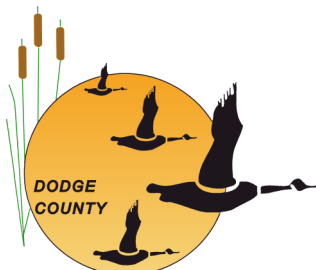
There has also been a significant rise in biking in the last ten years for those between the ages of 60 – 79. This accounts for 37% of the nationwide increase in bike trips. It is estimated that adults over 65 make up 6% of all biking trips.

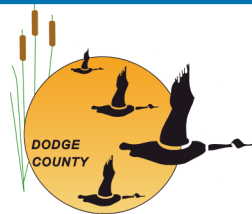
Along with the rising popularity of these two forms of transportation, there is also the reminder to pay attention when behind the wheel of a car. Walkers and bikers do have rights and it is every driver's responsibility to drive safe.



**Henry Dodge Office Building
199 County Road DF
Juneau, WI 53039**

TO:





Aging & Disability Resource Center of Dodge County
199 County Road DF, 3rd Floor, Juneau, Wisconsin 53039
920-386-3580 or 800-924-6407

Message from Kris Schefft, ADRC/Aging Services Supervisor:

I'd like to introduce our van drivers to you.....



from back to front: Ed Oestreich, John Leitner, Dave Pasewald, Bruce Wiese, Mike Falkinham, and Mark Callies.

This group of drivers assist residents to get to doctors' appointments from as far away as Madison, Milwaukee, and West Bend and everywhere in between as well as destinations within the county. We are extremely proud of the dedication and professionalism they bring to this position.

They are an extra set of eyes for folks in need, and may even engage in lively conversation while in transit. In addition to our drivers, we have two staff who schedule, juggle, and organize these rides: Pat Jacob and Bev Behm.

If you call to schedule a ride, these two will likely assist you. Stephanie Levenhagen is the Transportation/Nutrition Program Manager and myself, the supervisor of the ADRC/Aging Unit. I think it's important to recognize all the hard work that goes in to making a program work, so thanks again to our drivers!!!



from left to right: Pat Jacob, Kris Schefft, Bev Behm, Stephanie Levenhagen

Spring is here!

Spring is here and most of us cannot wait to get out and enjoy the warmer weather. You may ask yourself, what should I do to enjoy this time of year? Why not consider becoming a volunteer driver for Dodge County Human Services and Health Department. Volunteers help transport people to appointments that they otherwise would not be able to get to. The transportation volunteer uses their own vehicle and is reimbursed mileage. If you would be interested in helping others, would like more information on volunteer opportunities and would like to receive a volunteer application packet, please phone 920-386-3580 or 1-800-924-6407. Spring into action and phone us now!



April 2016

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**The ADRC
and
Aging
Programs in
Dodge
County
are just a
phone
call away!**



**1-920-386-3580
or
1-800-924-6407**



Find us on
Facebook
Dodge County ADRC



WE'RE ON FACEBOOK!

The ADRC has found their way to Facebook and is excited to share posts about our upcoming programs, ADRC news, and other fun events! To find us on

Facebook, just log in and search "**Dodge County ADRC**". Our Facebook page was launched on January 28th and in just one short month we have 52 "likes" and we hope to continue to see that number rise.

The QR Code (shown above) is another great way to stay connected! Just scan the symbol with a free app on your smart phone or tablet and immediately be taken to our Facebook page!



Do I need help? Am I turning 18 years old?

Did you know...

The Aging and Disability Resource Center (ADRC) of Dodge County is the gateway to services for young adults. If you are 17 ½, we can meet with you and your family to connect you with the resources to transition into adult life. Call the Aging and Disability Resource Center (ADRC) of Dodge County today at 920-386-3580 or 800-924-6407 to speak with one of our friendly Resource

Financial exploitation can happen to anyone but the incidence of financial abuse in elders is rising. It can happen as quickly as a phone scam asking for personal information, or be as involved as distant family members feeling they are "owed" something. Learn simple steps you can apply to help protect yourself or loved ones by attending this free seminar.



When: Thursday, June 9, 2016

Time: 8:30-12 pm

Where: Dodge County Administration
Building – 127 E Oak St - Juneau, WI

Part 1

Recognizing & Preventing Financial Exploitation by Tim Zens, Fraud Investigator, BMO Harris Bank

Part 2

Investigating financial abuse and fraud, a law enforcement perspective, presented by Detective Mike Reissmann, Dodge County Sheriff's Office

Part 3

Prosecuting elder fraud and abuse, key elements needed, by Bob Barrington, managing Attorney for the Dodge County District Attorney's office

Part 4

Elder abuse and neglect and what your local ADRC can do for you



Hello! My name is Heather Ehrlich, I am an Aging and Disability Resource Specialist for the Dodge County ADRC. I am originally from Eagle River, WI and moved to Dodge County in 1997. I am a 2010 graduate from the University of Wisconsin-Oshkosh, with a Bachelor's Degree in Human Services Leadership and an emphasis in Education. Prior to attending UW-Oshkosh, I had experience in the Early Childhood & Special Education fields. I started my Human Services career in 2010 working for UW-Oshkosh as an Income Maintenance Specialist for all populations in WI. In 2011, My position transformed into a Human Services Program Coordinator for Wisconsin Department of Health Services. Coming to work for Dodge County in 2012, I placed further focus on the Elderly, Blind, & Disabled (EBD) population. I started by working for the Economic Support Department in the EBD Unit. I joined the Aging and Disability Resource Center (ADRC) team in March 2014 and am happy to be here providing the service that I do! On my down time, I enjoy spending time with my family, watching my children play sports, reading, listening to music, coaching a dance team, and being a Girl Scout co-leader.



YOUR BENEFIT NEWS

Submitted by Amanda Higgins, Dodge County Elder Benefit Specialist



Medicare Ambulance Coverage & Appeals

Ambulance coverage is an important part of Medicare insurance and beneficiaries frequently have questions about when ambulance transportation is covered. There are three simple guidelines Medicare always looks for: medical necessity of the ambulance ride (could the person have been transported safely by another means?); if any medical treatment was provided while in the ambulance (were medications given, administration of oxygen, or EKG); and what diagnosis codes the provider used to bill Medicare for the ambulance transportation.

Regardless of insurance coverage, it is important to call an ambulance if there is a medical emergency. Here are some reasons to call an ambulance (*this is not an all-inclusive list*):

- Need for skilled medical treatment during transport (need vital signs monitored or administration of oxygen)
- Unconscious person
- Shock
- Bleeding heavily
- May have injured spine, need mobilization
- Possible heart attack or stroke
- Injury or fall in with possible broken bones, need mobilization
- Head injury
- Difficulty breathing

Be aware that Medicare only covers transportation to the nearest facility that provides the care needed. If a person chooses to go to a facility farther away, the beneficiary will be responsible for any additional mileage costs. Medicare does not consider hospital preference, network restrictions, or doctor preference in determining the closest facility.

Medicare also covers air ambulance transport when medically necessary. Air ambulance transport may also be appropriate if a person is in a remote area that a ground ambulance could not reach, if it would take too long for a ground ambulance team to respond, or if the local hospital cannot provide the care needed and the nearest alternative facility is too far away. Here are some examples of when Medicare would cover air ambulance transportation:

- Intracranial bleeding – neurological intervention
- Cardiogenic shock
- Burns requiring treatment in burn center
- Condition requiring treatments in hyperbaric oxygen unit
- Multiple severe injuries
- Life-threatening injuries

When the ambulance provider is billing Medicare, it has to make a subjective analysis of whether there was a medical emergency. Sometimes the ambulance provider is not aware of all the facts, does not know a patient's related medical history, or misjudges a situation. This could result in a denial of coverage by Medicare for the ambulance ride.

A benefit specialist may be able to assist if Medicare has denied coverage of your ambulance ride. It is important to provide the entire Medicare Summary Notice or Evidence of Benefits statement so that he/she can best understand the reason for the denial. A benefit specialist will also help obtain medical records and the ambulance trip report to demonstrate the medically necessary and emergent circumstances. The benefit specialist can summarize these medical issues and submit a Medicare coverage appeal to be decided by a neutral third party agency. Remember that appeals must be submitted within certain timeframes, so do not delay!

If you would like more information about this topic, for residents age 60 and older, contact the Dodge County Elder Benefit Specialist at the Aging and Disability Resource Center (ADRC) at 920-386-3580 or 800-924-6407. *Published with permission from the Legal Services Team at the Greater Wisconsin Aging on Aging Resources' Elder Law & Advocacy Center.*



ASSISTIVE TECHNOLOGY UPDATES...FEBRUARY 2016

Have you heard about the PenFriend?



SVRI
221 10th Avenue E. Menomonie, WI 54751
(715) 232-2513 Phone • (715) 232-5008 Fax
Inspiring Innovation. Learn more at www.uwstout.edu/svri

What is the PenFriend?

The PenFriend is a portable audio labeling device that pairs with self-adhesive stickers or magnetic badges. One can instantly play back their recordings anywhere simply using the PenFriend.

Who Could Benefit from the PenFriend?

Vision loss: Individuals who have low vision or blindness can use this device as a recorder for short messages, lists, instructions, etc.

Learning disability: If someone struggles with reading or writing, this eliminates those burdens.

Memory loss or organizational difficulties: This can be used as a method for reminders, maintaining organization on a daily/weekly/monthly basis when incorporating a calendar, or breaking down complex steps into simple step-by-step instructions.

What Should I Label?

Your options of items to label are endless! Here are a few ideas to get you started:

DVD's, CD's, prescriptions, medicine packaging, vitamins, cans, boxes, important documents, mail, appointment dates and times, cooking instructions, shopping lists, "honey-do" lists.

Where Can I Buy the PenFriend?

- Independent Living Aids, LLC
- LS&S
- MaxiAids



True or False: You spend less money when you use cash vs. credit cards? **True.**

Brian Udermann, Ph.D, gets to the core of employee productivity through health, humor, and happiness.

According to the website Creditcards.com, the average credit card debt in households that use credit cards is over \$15,000, and there are over 500 million credit cards in circulation in the U.S. I knew that credit card debt was a problem for many people, but I didn't realize just how big the problem was. If you own and use credit cards, you in all honesty can probably answer the question of whether you spend more money when using credit cards vs. using cash. My wife and I stopped using credit cards years ago. We never had a problem with carrying credit card debt, but we noticed that we spent roughly twenty to twenty-five percent

more money when we made purchases with our credit cards vs. using cash.

There have been a few research studies conducted on this topic, and most show that you indeed spend more money when you use credit cards, roughly eight to eighteen percent more. One early study was conducted by Elizabeth Hirschman (1979) and published in the *Journal of Consumer Research*. Dr. Hirschman hypothesized that consumers who only had bank or store-issued cards would make larger total dollar purchases than those not possessing a card and that the average transaction with a card would be higher than transactions made with cash. The results of the study supported her hypotheses and showed that consumers did indeed spend more money and also made more purchases when using cards.

For more myth busting tips, visit
www.wasmomwrong.com



Blind or Visually Impaired Information and Services

Rehabilitation services are provided by the Office for the Blind and Visually Impaired (OBVI) to help individuals who are blind or visually impaired to achieve their own goals of independent living. OBVI staff visit individuals in their homes, conduct group trainings, and teach techniques and technologies for use in daily living (home management, personal care, Orientation & Mobility, and communications). These specialized skills allow individuals to adapt and adjust to vision loss, enabling them to live as independently as possible.



Tips for Living With Low Vision

The following tips are offered as suggestions to help simplify the activities you perform in your daily living. The concepts of using color contrast, large print, labeling, and organization can be used with all activities of daily living.

To learn more about living with low vision and the adaptive equipment or techniques mentioned in this booklet, contact:

State of Wisconsin, Department of Health Services, Division of Long Term Care, Office for the Blind and Visually Impaired
Toll-free 1-888-879-0017

1. Labeling Medications

- Use a pill organizer.
- Label bottles with different colors of tape.
- Use rubber bands around certain prescription bottles.
- Mark bottle with large print, i.e., C for calcium.

2. Brushing Teeth

- Put toothpaste on your finger; then place it on the toothbrush.
- Use toothpaste from a pump dispenser.
- Squeeze toothpaste directly into your mouth.
- Squirt toothpaste into a wide-mouth jar; then dip the toothbrush in as needed.

3. Marking Shampoo and Conditioner

- Put rubber bands around one bottle.
- Paint one bottle cap.
- Label in large print.
- Purchase a brand that combines shampoo and conditioner.

4. Keeping Track of Phone Numbers

- Memorize numbers using numeric patterns, i.e., 342-3422.
- Write each number on an index card in bold print.

5. Writing Checks

- Use large-print checks that are available at all banks.
- Use a check-writing guide made especially to fit over your checks.
- Use magnification or enhanced lighting.

6. Organizing Money—Coins

- The edges of quarters and dimes have ridges.
- The edges of nickels and pennies are smooth.
- Nickels are thicker and larger than pennies
- The gold dollar coin is larger than a quarter and has smooth edges.
- A quarter is best kept separate from other coins.

7. Cleaning House

- Store all cleaning supplies in a bucket and carry it with you when cleaning.
- Wear an apron with large pockets for carrying cleaning supplies.
- Wear soft cotton gloves or socks over your hands to dust instead of a cloth.
- When wiping flat surfaces (tables, windows, counters), wipe up and down; then left to right to cover the entire area.

8. Inserting an Electrical Plug into an Outlet

- Place two fingers of one hand around the wall plate to guide the electrical plug held in the other hand.
- Put bright tape around the outlet.
- Replace wall socket covers and light switch covers with covers that contrast in color with the wall.

9. Using Appliances

- Use tactile markings on the dials to identify different settings. Typically, tactile cues are safer and faster.
- Put brightly colored tape on the dials.
- Use good lighting around the appliance and keep a flashlight handy.
- Use hand-held magnifiers where helpful.

10. Kitchen Safety

- Before cooking or baking, organize all ingredients and utensils on a tray.
- Use scissors more frequently than knives, i.e., cutting pizza, opening packages, etc.
- To easily locate and remove baked potatoes from the oven, bake the potatoes in a muffin tin.
- Use a timer with an audible signal to complete a cooking cycle.
- Use oven mitts as often as possible.



Severe Weather Watches and Warnings

What to Listen For...

When conditions are favorable for severe weather to develop, a WATCH is issued. As storms develop, National Weather Service personnel use information from weather radar, storm spotters, and other sources to issue Severe Thunderstorm and Tornado WARNINGS for areas where severe weather is imminent or already occurring.

Watches and warnings are relayed to local radio and television stations and are broadcast on NOAA Weather Radio All Hazards.

Local public safety officials also get the warnings and can activate local warning systems to alert communities.

Tornado Watch: Severe thunderstorms with tornadoes are possible in your area. Remain alert for approaching storms. Be prepared to move to safety if a **Warning** is issued. Know what counties are in the watch area by listening to NOAA Weather Radio or local radio or television stations.

Severe Thunderstorm Watch: Thunderstorms with large hail and damaging winds are possible. Be prepared to move to safety if a **Warning** is issued.

Tornado Warning: A tornado has been sighted or indicated by weather radar. Move to a place of safety now!

Severe Thunderstorm Warning: A thunderstorm with large hail and damaging winds has been reported or indicated by weather radar.

Warnings indicate imminent danger to life and property to those in the path of the storm!

Tornado and Severe Weather Awareness Week



April
11-15
2016



2016 Tornado Drills

When: Thursday, April 14th

Statewide Mock Tornado Watch - 1:00 pm

Statewide Mock Tornado Warning - 1:45 pm

First ever evening Tornado Warning - 6:55 pm

Note: if actual severe weather is forecast for that day, the drills would be postponed until Friday, April 15, 2016.

Tornado Myths and Truths

Myth: Areas near lakes, rivers, and hills are safe from tornadoes.

Truth: No place is safe from tornadoes. The tornado that struck Door County in August 1998 formed on the waters of Green Bay and moved onshore, causing over \$5 million in damage.

Myth: The low pressure with a tornado causes buildings to explode as the tornado passes overhead.

Truth: Violent winds and debris slamming into buildings cause most structural damage.

Myth: Windows should be opened before a tornado approaches to equalize pressure and minimize damage.

Truth: Leave windows alone. The most important action is to immediately go to a safe shelter.

Myth: People caught in the open should seek shelter under highway overpasses.

Truth: Take shelter in a sturdy, reinforced building if at all possible. The winds of a tornado may actually increase in the tight space of an overpass, increasing the chance for injury.

**Dining Center Menus for April, May, and June****APRIL**

Friday, April 1 – Swiss Steak

Monday, April 4 – Chicken and Biscuit

Tuesday, April 5 – Baked Spaghetti

Wednesday, April 6 – Pork Steak

Thursday, April 7 – Orange Chicken

Friday, April 8 – Swedish Meatballs

Monday, April 11 – Smoked Sausage

Tuesday, April 12 – Salmon Loaf

Wednesday, April 13 – Baked Chicken

Thursday, April 14 – Chili Casserole

Friday, April 15 – Country Fried Steak

Monday, April 18 – Meatballs in Honey Mustard Sauce

Tuesday, April 19 – Salisbury Steak

Wednesday, April 20 – Teriyaki Chicken Breast

Thursday, April 21 – Pork Jaegerschnitzel

Friday, April 22 – Beef Stroganoff Casserole

Monday, April 25 – Ham Rolls

Tuesday, April 26 – Baked Chicken

Wednesday, April 27 – Hawaiian Meatballs

Thursday, April 28 – Roast Turkey

Friday, April 29 – Cheese Tortellini in Marinara Sauce

**MAY**

Monday, May 2 – Chicken Breast

Tuesday, May 3 – Meatloaf

Wednesday, May 4 – Roast Pork Loin

Thursday, May 5 – Beef Stew

Friday, May 6 – Liver and Onions

Monday, May 9 – Beef and Pork Chop Sued over Rice

Tuesday, May 10 – Cranberry Kraut Meatballs

Wednesday, May 11 – Baked Chicken

Thursday, May 12 – Glazed Ham

Friday, May 14 – Chop Steak in Burg/Mushroom Sauce

Monday, May 16 – Lasagna Casserole

Tuesday, May 17 – Country Fried Steak

Wednesday, May 18 – Chicken Marsala

Thursday, May 19 – BBQ Pork Cutlet

Friday, May 20 – Roast Beef

Monday, May 23 – Baked Chicken

Tuesday, May 24 – Meatloaf

Wednesday, May 25 – Swedish Meatballs

Thursday, May 26 – Chicken, Broccoli, & Rice Casserole

Friday, May 27 – Smoked Sausage

Monday, May 30 – Closed for Memorial Day

Tuesday, May 31 – Swiss Steak

JUNE

Wednesday, June 1 – Chicken Teriyaki

Thursday, June 2 – Ham Rolls

Friday, June 3 – Chili Casserole

Monday, June 6 – Roast Turkey

Tuesday, June 7 – Pepper Steak

Wednesday, June 8 – Pork Jaegerschnitzel

Thursday, June 9 – Crispy Fish Fillet

Friday, June 10 – Chicken Tetrazzini Casserole

Monday, June 13 – Salisbury Steak

Tuesday, June 14 – Hawaiian Meatballs

Wednesday, June 15 – Baked Chicken

Thursday, June 16 – Beef Stroganoff Casserole

Friday, June 17 – Pork Steak

Monday, June 20 – Meatloaf

Tuesday, June 21 – Baked Spaghetti

Wednesday, June 22 – Chicken Breast

Thursday, June 23 – Bratwurst on a Bun

Friday, June 24 – Country Fried Steak

Monday, June 27 – Roast Pork Loin

Tuesday, June 28 – Beef Stew

Wednesday, June 29 – Baked Chicken

Thursday, June 30 – Meatballs in Honey Mustard Sauce



The Healing Power of Music

For Alzheimer's patients, music can be good medicine

by Mary Ellen Geist, [AARP Bulletin](#), July/August 2015

"I've been a bad girl. Am I in trouble?" asks an obviously distraught Naomi. Tears begin to form in the corners of her eyes. She wrings her hands as she sits in her wheelchair in the lobby of an Alzheimer's disease care facility.

"No, you're not in trouble," says recreational therapist Mindy Smith. But nothing seems to help Naomi's mood. "I've been a bad girl," she repeats over and over.

Music therapists who work with Alzheimer's patients describe seeing people "wake up" when the sounds of loved and familiar music fills their heads. Often, after months or even years of not speaking at all, they begin to talk again, become more social and seem more engaged by their surroundings. Some begin to remember names long forgotten. Some even do what Alzheimer's patients often cannot do as their disease worsens: They remember who they are.

More than 5 million people in the U.S. have Alzheimer's, a disease for which there is no cure. One in eight boomers will get the disease, according to estimates. About 15 million family members in the U.S. are locked in what can become a heartbreaking nightmare of taking care of a loved one with whom they can't communicate. For many, music can be an important part of easing that suffering.

Researchers are finding new ways to use music as part of the treatment of dementia. Jane Flinn, a behavioral neuroscientist at George Mason University, and graduate student Linda Maguire tested the effects of singing on people with Alz-

heimer's disease. They tested the group constantly with the Mini Mental State Examination, a cognitive diagnostic test. Flinn and Maguire showed that the mental acuity of those people who regularly sang went up sharply over a four-month period. "Twenty-one drugs to treat Alzheimer's have failed in the last nine years," Flinn says. "I do believe they will eventually find the right drug. But it's going so slowly. In the meantime, these non-pharmaceutical approaches are helpful."

Connie Tomaino is one of music therapy's pioneers. More than 37 years ago, she walked into a dementia unit carrying her guitar and looked at the patients. "Many were overmedicated. Half of them were catatonic and had feeding tubes. The ones that were agitated had mitts on their hands and were tied to wheelchairs," she says. "I just started singing 'Let Me Call You Sweetheart.' Many of the people who were considered to be catatonic lifted up their heads and looked at me. And the people who were agitated stopped being upset. Most of them started singing the words to the song."

She founded the Institute for Music and Neurologic Function to encourage study of the effects of music on the brain. "Music is very complex," she says. "The auditory nerve has an immediate contact to part of the brain called the amygdala — what's often called the 'fight or flight' area of the brain. So the immediate thing with sound is arousal. The person becomes startled or suddenly pays attention."

Tomaino found that even some late-stage Alzheimer's sufferers could respond to songs meaningful to them. "One woman who was nonverbal — after one month, she started speaking again. She said things like, 'The kids are coming, I have to get home to make dinner.' They were memories and words elicited by the songs." Her advice: If someone you know is in the early stages

of Alzheimer's, start associating key songs with family members or important ideas. Later, those songs may trigger that association.

A father's pain eased

I have seen the healing power of music up close. When I quit my job as a radio news anchor in New York to come home to help my mother care for my father, who had Alzheimer's, we used music in every aspect of caregiving. I sang or played Frank Sinatra's "In the Wee Small Hours of the Morning" to wake him up. Instead of being lost and confused in the mornings, as often happens for people with Alzheimer's, the song made him realize where he was and who my mother and I were.

My father loved jazz and had been an accomplished singer. Jazz classics like George Gershwin's "Summertime" and Cole Porter's "Night and Day" were great for showering, brushing teeth and getting dressed. I used the songs to distract him during these tasks. In the afternoons, when what's called "sundowning" sometimes occurs and Alzheimer's patients get anxious or angry, Diana Krall's version of "I Get Along Without You Very Well" would calm him down. As his disease progressed, when he would become almost catatonic, all I had to do was start singing the words to the fight song of his alma mater, the University of Michigan — and his eyes would engage and he would sing along.

When my father died in 2010 at age 83, our sadness was relieved a bit by the sense that his last years of life were less isolated and dark than they might have been otherwise.



For additional information on how music can support those with dementia, go to: musicandmemory.org



What's Happening at Your Dining Center?

The Risks of Eating Alone

Eating alone isn't easy; neither is cooking an adequate diet for just one person. When you eat alone, you tend to not eat as well as when you eat with someone. It becomes very easy to fix quick and easy meals which many times do not provide the right nutrition or you skip meals and then fill up on snacks.

Eating improperly leads to a weakened immune system, loss of muscle and bone health, loss of weight if not eating, or weight gain if eating the wrong foods. These can lead to many health issues including depression, blood pressure issues, cholesterol issues, and puts you at a higher risk of falling and breaking bones.

There is an easy solution to eating alone. Join us at one of the ten senior dining centers. Well balanced, nutritious meals are served Monday through Friday. All you need to do is phone our office at 920-386-3580 or 1-800-924-6407 the day before you wish to eat. The menus are included in this newsletter to help you decide when you want to join us. Senior dining centers are located in Beaver Dam, Fox Lake, Horicon, Hustisford, Lomira, Lowell, Mayville, Randolph, and Watertown.

The suggested donation is \$3.99 per meal.

For more information, phone the Senior Dining office at 386-3580 or 1-800-924-6407.



Dining Centers Look Ahead



Every month there are national celebrations, many of which involve food or food items. We like to look at these celebrations as a time to learn about a food item. Join us at one of the ten dining centers to learn more about the monthly celebration items. Sometimes we even surprise you with a sample of the item to take home!

April is National Cancer Control Month. Laboratory research suggests that eating vegetables, fruits, whole grains and beans can help protect against cancer. Health guidelines suggest you fill at least 2/3 of your plate with these items. In addition, it is suggested you get moderate exercise daily, avoid smoking and tobacco use, and drink alcohol in moderation. We will have additional information on nutrition and cancer at the senior dining centers in April.

Along with celebrating Cancer Control Month, we will have information at the senior dining centers regarding the B12. Vitamin B12 is a very important vitamin that is involved in enzymatic reactions and is critical in the metabolism of every cell in the body. It is estimated that the incidence of B12 deficiency in the elderly may be as high as 15%. Make plans to join us for lunch in April and get more information on B12.



Did you know the incredible, edible egg has a month? May is the month to celebrate the egg. The senior dining centers will have nutritional information on eggs for you to take home. It may surprise you the amount of vitamins and minerals that eggs have. While eggs sometimes get a bad rap, they really are incredible in all the good things they can provide for us.

Everyone knows that June is Dairy month. But did you also know that it is also fresh fruit and vegetable month? Dairy products provide us with some good tasting food which are also good sources of energy, protein, calcium as well as other vitamins and minerals. This makes them great food items for us.

As June starts the beginning of the season for fresh fruits and vegetables, it is recommended with fill 2/3 of our plate with fruits and vegetables. Think fresh! Join us at one of the dining centers to pick up more information to "Eat Well and Age Well".





Worried About the “What Ifs?”

Are you one of those people who is kept awake at night worrying about the “What Ifs”? Are you caregiving for a loved one and worry about all of the things that could go wrong or the unforeseen obstacles that may come your way? There is a cure for these “What Ifs”, and it’s easy and most often painless.

What is the secret cure you ask? Well, it begins with you.

There is a famous quote by Benjamin Franklin: “People don’t plan to fail, they just fail to plan.” The secret cure is planning. Of course, you can’t plan for every unforeseen event, but you can plan for those events that could be a possibility.

Start today and think about your “What Ifs”. Sit down, take out a piece of paper, and write them down. Write them in list order. Prioritize them. Then, for each item, think about a solution to that item. Maybe it’s hiring some in-home assistance. Maybe it’s asking family or a neighbor for help. Don’t be closed-minded about possible solutions. Maybe you can’t think of solutions and need some assistance with that. Contact your local Aging and Disability Resource Center or the County Caregiver Support program. They have many resources and programs that may be able to assist you. If you

don’t know where your local ADRC or Caregiver Support program is, contact the Elder-Care Locator at 800-677-1116. It’s a free service and they will connect you with the correct agency in your community. Many of the “What Ifs” come in the form of emergencies. Maybe

it’s an emergency for the caregiver, or maybe with the care receiver. One solution for some caregivers is to hire in-home care assistance. A little known fact about in-home care providers is that you don’t have to use them 24/7. You can use their services as little or as much as you need. The first step is to develop a relationship with an in-home care agency. For example, you could use their services for one hour a month. (What caregiver wouldn’t like one hour of respite? I’m sure you could find something to do for that hour!)

Then, when that emergency arises and you need help immediately, you have that agency ready and able to come and assist. You know them, and they know you. Check one of your “What Ifs” off your list, or maybe even two or three of them.

The next step in your cure is to share your plan with your family and support system so they are aware. That way, when the emergency happens, they know their part of the plan.

Again, not every single emergency or obstacle can be anticipated or avoided, but planning will take away most of your “What Ifs”. Once you, your family, and your support system are aware of your newly-found cure, you will sleep better at night knowing you have a plan in place.

*Julie Seeman
Family Caregiver Support Specialist
Rock County Council on Aging*



It’s Time for Senior Farmer’s Market Vouchers!



What is the Senior Farmer’s Market voucher program? The Senior Farmer’s Market Nutrition Program (SFMNP) provides eligible seniors with “vouchers” to use at area farmers’ markets and participating roadside stands to help stretch their food dollars.

This program begins in early June with the distribution of vouchers which are available at several locations throughout the county. While at the time of this writing we do not have distribution locations established nor do we have the income guidelines; we wanted to alert you to watch for more information.

To be eligible to receive the vouchers you must be 60 years of age or older (or a Native American 55 or older) and reside in Dodge County. Each eligible household will receive \$25 in vouchers or coupons to use at farmers’ markets for the purchase of Wisconsin grown fruits, vegetables, and herbs.

Call 920-386-3580 or 1-800-924-6407 after May 20, 2016 for the distribution dates and sites.





WISCONSIN DEPARTMENT
of HEALTH SERVICES

FOR IMMEDIATE RELEASE

February 22, 2016

Family Care/IRIS 2.0: Benefits and Self-Direction

Reform focused on maintaining, improving long-term care benefits now and for the future

MADISON – The Wisconsin Department of Health Services (DHS) is working on the planned redesign of the Family Care/IRIS 2.0 initiative, to protect and improve long-term care services for some of the state's most vulnerable citizens, as required by Act 55. Today, as DHS works to finalize the Family Care/IRIS 2.0 concept paper, Secretary Kitty Rhoades reconfirmed the Department's commitment to self-direction of services through IRIS (Include, Respect, I Self-Direct).

"The Department of Health Services remains committed to not only sustaining, but improving the services seniors and individuals with disabilities need, while ensuring financial stability of the program for the long-term," Department of Health Services Secretary Kitty Rhoades said. "One of the goals of Family Care/IRIS 2.0 is to coordinate all aspects of an individual's long-term health and behavioral health care needs. I want to reassure current [Family Care](#) and IRIS members that self-direction benefits available today will still be available when we implement Family Care/IRIS 2.0."

You can view the full article at <https://www.dhs.wisconsin.gov/print/news/releases/022216.htm>

Dodge County Human Services & Health Department

AWARDED

Innovation Grant for Building Collaborative Dementia Capable Crisis Response

In the fall of 2015, Dodge County's Community Support Services Division wrote for a grant that would allow them the opportunity to provide training, resources, and support for people living with dementia in Dodge County.

On January 1, 2016 the Division received news that it was one of just a few counties statewide chosen to receive this grant.

As was laid out in the plan, the County's goals for this grant will include three phases. The first phase will be to **EDUCATE, TRAIN** and **PROMOTE** dementia-capability within our County. This will include County staff as well as any interested stakeholders.

The second phase will be to **COORDINATE, COLLABORATE, AND DIRECT EFFORTS** between the County and other interested stakeholders with the goal of creating several, well trained, dementia capable, crisis response teams throughout the county.

The third phase will be to **INCREASE COMMUNITY AWARENESS AND STRENGTHEN PUBLIC EDUCATION** in an effort to not only help support the newly created crisis response teams but to also provide support to caregivers and families of those living with dementia. The families and caregivers will be given information and resources so when they are faced with a dementia related crisis they will know the signs and triggers and how to respond effectively to diffuse the situation. The eventual goal is to treat the person with dementia in their place of residence and avoid the need for unwanted, unnecessary, and costly placements.

This grant gives the County the opportunity to build on current collaborations which will be instrumental in developing efficient and compassionate Dementia Capable Mobile Crisis Response Teams, and also gives the County an opportunity to support those residents living with dementia along with their families and caregivers.



For more information please contact the Aging and Disability Resource Center of Dodge County at 920-386-3580 or 1-800-924-6407.